

Know Your Numbers

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Cholesterol and Supplements

Many turn to other treatments...

to lower cholesterol, but what does the research show? In addition to dietary and lifestyle changes, some supplements can improve lipid (Cholesterol, HDL, LDL or Triglyceride) values. Be sure to always tell your PCM what you are taking as they may interfere with other meds or your status.



Supplement	Dose	Research	Side Effects
Fish Oil (DHA/EPA)	1-2 g per day	Lowers death risk, but does not lower HDL, LDL, T. Chol. May lower triglycerides.	Blood thinning with 3g or more per day.
Garlic	1 clove/d	Mixed. Possibly lower total cholesterol. Others have shown no benefit.	Generally safe. May thin blood.
Red Yeast Rice	Check label	Naturally occurring lovastatin (prescription). Lower LDL and triglycerides.	Muscle pain. Do not use with other statins, or niacin.
Soy	36 g soy protein/d	Small positive changes on all lipids.	Safe as food.
Niacin	1-4 g/d	Raise HDL (good cholesterol) and decrease triglycerides.	Skin tingling, possible liver inflammation
Stanols/ Sterols	2.7 – 5.1 g/d	Interfere with cholesterol absorption. Lower LDL.	None reported . Found in Benecol butter.



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